

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1 through 19. (Cancelled)

20. (Currently Amended) A method of preparing a meal from a dried semi-ready meal for preparing a meal of high gustatorial quality comprising: a mixture of dry and dried ~~ingredients~~ herbs and/or spices provided in two batches packaged separate from each other; the first batch comprising dried temperature-sensitive ~~ingredients~~ herbs and/or spices to be cooked and/or absorbed in an aqueous solution; and the second batch comprising temperature-insensitive ~~ingredients~~ herbs and/or spices to be absorbed in cooking oil and/or fat, whose fat-dissolving ~~ingredients~~ herbs and/or spices flavor the cooking oil and/or fat, and which, after mixing same with the first batch in the aqueous solution in combination with the inherent taste and odor of staple ingredients and the gustatorial and olfactory ~~ingredients~~ herbs and/or spices of the first batch, endow the meal to be prepared after cooking with its typical overall gustatorial and olfactory impact:

flavoring cooking oil and/or fat with the temperature-insensitive ~~ingredients~~ herbs and/or spices of the second batch by heating,  
absorbing the temperature-sensitive ~~ingredients~~ herbs and/or spices contained in the first batch together with the staple ingredients to be cooked in the aqueous solution, and  
mixing the aqueous solution with the flavored cooking oil and/or fat.

21. (Currently Amended) The method according to 20, wherein the step of mixing the aqueous solution with the flavored cooking oil and/or fat is done after cooking the staple ingredients in the aqueous ~~phase~~ solution.

22. (Currently Amended) The method according to claim 20, wherein the step of mixing the aqueous ~~phase~~ solution with the flavored cooking oil and/or fat is done before cooking the staple ingredients.

23. (Currently Amended) The method according to claim 20, further comprising:  
coating and/or searing fresh staple ingredients with the flavored cooking oil and/or fat  
before being mixed and cooked with the ~~ingredients~~ herbs and/or spices of the first batch in the  
aqueous solution.

24. (Currently Amended) The method according to claim 20, wherein the cooking oil  
and/or fat is heated for flavoring with the ~~ingredients~~ herbs and/or spices of the second batch to  
a temperature in the range 120°C to 170°C.

Claims 25 through 30 (Cancelled)

31. (Currently Amended) A method of preparing a meal of ~~high gustatorial quality~~  
comprising the steps of:

providing a dry, packaged semi-ready meal for preparing the meal of high gustatorial  
quality comprising:

a mixture of dry and dried provided in a first batch and a second batch, the first  
and second batches being packaged separate from one another,

the first batch comprising temperature-sensitive ~~ingredients~~ herbs and/or spices  
to be cooked and/or absorbed in an aqueous solution,

the second batch comprising temperature-insensitive fat soluble ~~ingredients~~  
herbs and/or spices to be absorbed in cooking oil and/or fat,

at least one of the first batch and the second batch further comprising staple  
ingredients,

adding the first batch temperature-sensitive ~~ingredients~~ herbs and/or spices to an  
aqueous solution;

heating the aqueous solution to absorb the temperature-sensitive ~~ingredients~~ herbs  
and/or spices into the aqueous solution and cooking any staple ingredients included with the  
first batch;

adding the second batch temperature-insensitive fat soluble ~~ingredients~~ herbs and/or spices to cooking oil and/or fat;

heating the cooking oil and/or fat until the cooking oil and /or fat are flavored by the second batch temperature-insensitive fat soluble ~~ingredients~~ herbs and/or spices; and

mixing the aqueous solution and temperature-sensitive ~~ingredients~~ herbs and/or spices with the flavored cooking oil and/or fat.

32. (Currently Amended) The method according to 31, wherein the step of mixing the aqueous solution and temperature-sensitive ingredients with the flavored cooking oil and/or fat is done after cooking the staple ingredients in the aqueous ~~phasesolution~~.

33. (Currently Amended) The method according to claim 31, wherein the step of mixing the aqueous solution and temperature-sensitive ~~ingredients~~ herbs and/or spices with the flavored cooking oil and/or fat is done before cooking the staple ingredients.

34. (Currently Amended) The method according to claim 31, further comprising:  
coating and/or searing fresh staple ingredients with the flavored cooking oil and/or fat before the step of mixing the aqueous solution and temperature-sensitive ~~ingredients~~ herbs and/or spices with the flavored cooking oil and/or fat.